

CLAIMS

1. A method of microwave cooking of raw meat or raw marine products comprising seasoning the raw meat or the raw marine products so that a seasoning containing at least an organic acid is fixed on the surface of the raw meat or the raw marine products, and then performing microwave heating so that any fishy odor generated during cooking can be eliminated.

2. The method of microwave cooking of the raw meat or the raw marine products according to Claim 1, wherein a starch, a thermosetting protein, and an edible fat and oil are added to the organic acid in order to fix the seasoning on the surface of the raw meat or the raw marine products.

3. The method of microwave cooking of the raw meat or the raw marine products according to Claim 1 or 2, wherein the seasoning further contains a melanoidin or a melanoidin-producing material.

4. A seasoning for microwave cooking of raw meat or raw marine products comprising an organic acid-containing food, a starch, a thermosetting protein, and an edible fat and oil.

5. A seasoning for microwave cooking of raw meat or raw marine products comprising an organic acid-containing food, a starch, a thermosetting protein, an edible fat and oil, and a melanoidin or a melanoidin-producing material.

6. The seasoning for microwave cooking of the raw meat or the raw marine products according to Claim 4 or 5, wherein the organic acid-containing food is a fermented food.

7. A food for microwave cooking which is prepared by seasoning raw meat or a raw marine product so that a seasoning for microwave cooking is fixed on the surface of the raw meat or the raw marine product, the seasoning comprising an organic acid-containing food, a starch, a thermosetting protein, and an edible fat and oil.

8. A food for microwave cooking which is prepared by seasoning raw meat or a raw marine product so that a seasoning for microwave cooking is fixed on the surface of the raw meat or the raw marine product, the seasoning comprising an organic acid-containing food, a starch, a thermosetting protein, an edible fat and oil, and a melanoidin or a melanoidin-producing material.

9. The food for microwave cooking according to Claim 7 or

8, wherein the organic acid-containing food is a fermented food.